

**Connect-A-Ride:** Bus service in and around Columbia, Laurel, Glen Burnie, Odenton and Ft. Meade, and between Laurel and College Park.

Routes schedules and fares: 1-800-270-9553 or:

<http://www.corridortransit.com>

**Neighbor Ride:** Transportation in trained volunteer drivers' personal vehicles, for persons age 60 and over, to healthcare or personal appointments, visits with friends, business engagements, community events or religious services. Trips within Howard County and to adjacent counties, Baltimore, Washington, D.C. and Annapolis.

Information and fares: (410) 884-RIDE (7433) or:

<http://www.neighborride.org>

**Winter Growth:** Transportation for seniors who need physical assistance and or supervision at their destination. Lift and mini vans with Winter Growth trained drivers and aides provide escorted transportation to medical appointments, supervision in the waiting room, escort service to labs and other tests, and help with grocery store visits.

Reservations and fees: (410) 964-9616

Information: <http://www.wintergrowth.com>

**Taxi Service:** Three licensed cab companies serve Howard County, and often offer a discount to seniors who request it when they call.

Columbia Cab of Howard County: (410) 880-6916

Columbia Diamond Cab: (301) 604-7252

Columbia Flyer: (410) 750-0089

**Columbia Association Senior Events Shuttle:** Free evening and weekend curb-to-curb transportation to cultural events in and around Columbia, for groups of 4 or more seniors who live in the county.

Call (410) 715-3087 one week prior to the event.

**AAA Transport/All American Transport:** Specialized service for those with wheelchairs, and special needs, Medical Assistance cardholders and others.

Call 1-800-442-2858 at least 24 hours prior to appointment.

**HANDS:** Christ Episcopal Church volunteers provide free limited transportation to medical appointments within Howard County on a non-emergency, non-urgent basis.

Information: (410) 381-9367

## Important Contacts

**Howard County Office on Aging,** (410) 313-5980,

[http://www.howardcountymd.gov/OA/CS\\_OfficeAging.htm](http://www.howardcountymd.gov/OA/CS_OfficeAging.htm)

**MAP** (Maryland Access Point of Howard County), (410) 313-5980,

[www.howardcountymd.gov/OA/agingsrvcsrsrcs\\_infoassist.htm](http://www.howardcountymd.gov/OA/agingsrvcsrsrcs_infoassist.htm)

MAP, housed within the Office on Aging, provides information and assistance to individuals over 50; persons over 18 with a disability; as well as family and caregivers who are looking for services to assist those individuals remain in the community, living full lives.

**Howard County Commission on Aging**

<http://www.howardcountymd.gov/oa/coa.htm>

The commission is a 15-member volunteer advisory board to the County Executive, County Council and the Howard County Office on Aging. Members strive to ensure that all adults 55 and older can "age in place successfully and productively," and can remain in the county as long as they choose, in an affordable, safe and convenient living situation. Monthly meetings are open to the public.

*Date of Publication 9/08*

# KEYS...



## ...TO SAFE DRIVING AND CONTINUED INDEPENDENCE

Developed by  
**Howard County Commission on Aging**  
**Howard County Office on Aging**



Department of  
**CITIZEN SERVICES**  
**OFFICE ON AGING**

*Seniors, like adults of all ages, depend mostly on the automobile to remain mobile. Driving safely is key for continued driving at any age. Physical exercise, professional or self-assessments and driver education courses can all play a role in helping individuals drive longer. Planning for giving up the car keys, whether temporarily, or permanently because of physical disabilities, dementia, or preference, is essential. Fortunately, Howard County offers a wide variety of options for seniors who want to continue to be out and about without driving.*

## Safety and Wellness

**W**ellness activities that keep that keep the body and brain engaged may help older people drive longer. Consider the following list of activities:

- Walking, water aerobics, bicycling, other physical activities
- Eating a nutritious diet
- Doing word and number puzzles, taking classes
- Reading the local newspapers, the monthly Senior Connection and annual Senior Resources Directory published by the Office on Aging
- Contacting: Howard County Department of Recreation and Parks (410) 313-4700, [www.howardcountymd.gov/RAP](http://www.howardcountymd.gov/RAP); Howard Community College (410) 772-4800, [www.howardcc.edu](http://www.howardcc.edu); Howard County General Hospital (410) 740-7890 (for their activities and wellness programs) <http://www.hcgh.org>; The Mall in Columbia (410) 730-3300, [www.themallincolumbia.com](http://www.themallincolumbia.com) (about its walking program); The Office on Aging’s MAP (Maryland Access Point) for senior center walking programs and other senior activities and services (410) 313-5980, [www.howardcountymd.gov/OA/agingsrvcsrsrcs\\_infoassist.htm](http://www.howardcountymd.gov/OA/agingsrvcsrsrcs_infoassist.htm)

## Plan Ahead

When seniors, their family members or caregivers have concerns about the older person’s driving, several approaches make sense. Self-assessments that screen drivers on mental and physical abilities, like the computer-based Roadwise Review, have proven to be among the leading predictors of crash risk for older adults. Contact the AAA Maple

Lawn Retail Office, (410) 997-5611 or use it at the Howard County Library, (410) 313-7800.

Choosing a vehicle with options that add to a driver’s comfort and control and offset any loss of strength and visibility is important as well. AAA’s brochure, “Smart Features for Mature Drivers,” outlines important options both in the car itself and the driver’s physical comfort within the vehicle. See [www.aaaexchange.com](http://www.aaaexchange.com)

Call Maryland Access Point of Howard County (MAP) and ask about the “Car Fit” and “Mature Vehicle Operator Education (M.O.V.E.)” programs. Or link to “Out and About – a Transportation and Mobility Guide for Older Adults in Howard County, their Families and Caregivers” at [http://www.howardcountymd.gov/OA/CS\\_OfficeAging.htm](http://www.howardcountymd.gov/OA/CS_OfficeAging.htm). AAA (1-877-457-0711) and AARP ([www.aarp.org](http://www.aarp.org)) offer classroom driver refresher courses locally.

Discussions with a physician, a geriatric assessment, or a comprehensive driving evaluation may be another good option. Call MAP for a list of area driver rehabilitation specialists.



*Choosing a vehicle with options that add to a senior driver’s comfort and control and offset any loss of strength and visibility is important as well.*

## Instead of Driving

**M**aking the transition from driving is difficult. Current drivers may have limited experience using public transportation or have difficulty accessing buses. Relying on family and friends is often a preference. Planning ahead is vital to remain in control of one’s life and to continue engaging in pleasurable activities. Try out available options: learn how to use Howard County’s public transportation system, paratransit and volunteer services before using them becomes essential.

**Howard Transit**  
**1-800-270-9553**, <http://www.howardtransit.com>

**Fixed Route Service:** Public Transit Program in Howard County, current schedules, fares, and printable map.

**Paratransit Services:** Curb-to-curb shared-ride service for seniors and persons with disabilities to and from medical appointments, senior centers and social service agencies in Howard County, with limited service available to medical centers, schools and employment centers in Baltimore.

**Individuals age 60 and older and persons with a disability:** Howard County Office on Aging, (410) 313-5980.

**Individuals with disabilities:** Howard County Disability Services, (410) 313-6402.

**ADA Services:** General purpose shared-ride services for ADA certified individuals, with pickups and drop-offs from any curb-point within ¾ of a mile of Howard Transit fixed route service. Information and eligibility contact Howard Transit: 1-800-270-9553.